**OFFICERS:** The Appomattox County FBLA officers for 1976-1977 are President, Debbie Moore; Vice President, Mary Ann Lewis; Secretary, Melinda McIntosh; Reporter, Beth Jones; Historian, Cheryl Sharp; Parliamentarian, Cindy Roach; and Chaplain, Carolyn Grishaw. Not shown in photo is Cindy Almond, Treasurer.

**BULLETIN BOARD:** Rita Reynolds, Nadine Bugg, Garlene Gaines, and Sharon Roach are busy preparing the bulletin board for Regional Competition to be held at Longwood College on March 5.

**EXHIBIT:** The chapter will also enter the exhibit event in Regional Competition. Cheryl Franklin, Shelly Davidson, and Doris Hughes are enjoying working on the exhibit entitled "Look What Appomattox FBLA'ers are Doing."

## Appomattox County High School FBLA On The Move

Appomattox Chapter got under way with its first meeting held on Sept. 15, 1976, in the school auditorium. With a membership drive on our minds, we had a program that would spark everyone's interest in FBLA. The program was a modified version of The Price is Right with the name changed to The Business is Right. Calling contestants out of the audience to answer questions about FBLA and winning whacky prizes made it even more enjoyable by all.

At the time I am proud to say we have increased our enrollment by thirty and are really moving forward with our plans for the year.

As an annual project, our welfare committee takes a basket of canned goods to a needy family in the community. This year was no exception. It really makes us feel great to see eyes light up when we come in with the basket full of goodies.

Our financial activity was held in October. We sold Cherrydale candy and made a large profit for our chapter.

Our Christmas program was a Talent Show held in the auditorium. Besides our regular members, we had many visitors who wanted to see what FBLA was all about. After the Talent Show, Santa Claus came and gave presents to nine of the Special Education Class students.

We are now under way in planning a DAnce-A-Thon and a Rock-A-Thon. Both are to be held on March 12, 1977. This is to enable the younger generation and the older generation to do their own "thing" at the same time. We are expecting this event to be a big success.

Regional's is just around the corner and Appomattox is busy as bees preparing for the events.

## TAXPAYERS WANT GOVERNOR PAY HIKE STOPPED

cont'd from page 1

lack of responsiveness to taxpayers. The General Assembly has only a few weeks left to stop a tax increase, speedup, or costly bond issue, to save what's left of the voters' dwindling resources and improve the legislators' own chances of staying in office after the next election."

## Heart Attacks Are Not Sudden

The main cause of heart attack is a fatty buildup in the arteries, that blocks the supply of oxygenated blood to the heart. "About 650,000 Americans will die of heart attack this year. Every one of us, very young to very old, has some amount of fatty buildup," says Dr. Joseph Pond, President, Piedmont, Heart Association.

"It's called atherosclerosis," Dr. Pond said, "and although it can start early in life, the buildup can be slowed by controlling risk factors."

Smoking, high blood pressure and a diet high in saturated fats and cholesterol are major risk factors in heart disease. "Imagine," said Dr. Pond, "the combination of partly clogged arteries, plus constriction caused by smoking, with high blood pressure straining the artery walls. Prevention is tremendously important in reducing premature death from heart and blood vessel diseases.

"High blood pressure has been found in teenagers," Dr. Pond said, "all the more reason why regular medical checkups should begin at an early age. Lack of exercise and obesity are also considered risk factors for heart attack -- factors which take their toll over the years."

Because you may be with someone who will have a heart attack someday, it is important to recognize the early warning signals of heart attack: uncomfortable pressure, fullness, squeezing or pain in the center of the chest (which may spread to the shoulders, neck or arms) and which lasts for more than 2 minutes. Severe pain, dizziness, fainting, sweating, nausea or shortness of breath may also occur. Sharp, stabbing twinges of pain are usually not signals of a heart attack.

"Just knowing the warning signals will save many lives, because prompt emergency care can save many of the 350,000 who die before they reach the hospital. Most important is prevention, however, and the American Heart Association has prepared and distributed educational materials on both prevention and early warning signals," said Dr. Pond.

"Still, it costs money to do these things," Dr. Pond reminded, "and that's why the volunteers will be asking for your money in their February Heart Campaign. They're asking for money to help an organization that is in fact fighting for your life."

## Jr. FHA Presents Puppett Show

On January 27, 1977, the Appomattox Middle School Future Homemakers of America, had their January monthly meeting. Sharon Taylor (President) introduced the meeting, which in turn was turned over to Karen Johnson (Historian), who introduced the program. The program was a skit, in which the F. H.A. officers (Sharon Taylor, Jayne Doss, Gina George, Romona Gabner, Karen Johnson, Cheryl Walton, Dana Ford and me, Dana White), presented the skit called "Improving Your Personality Traits." The Sesame Street puppets were the characters. This skit showed the importance of good personality traits. If a person is always being mean and picking on others, then that person isn't going to have many or sometimes that person may not have any friends. The Sesame Street puppets showed the importance of all these traits. After the program, Jane Almond and Dawn Deaner led the meeting in songs. The meeting was then adjourned.

Dana White, reporter

## FIRST HEART LUNG SHORT COURSE

The American Heart Association (Virginia Affiliate) and the Virginia Lung Association are sponsoring a heart and lung critical care course for physicians, nurses, respiratory therapists and allied health personnel on January 30 - February 1 at the 1776 Motor Hotel in Williamsburg. Also sponsoring the first short course are the Medical College of Virginia's School of Medicine and School of Nursing.

Keynote speaker on January 30 at 7 p.m. will be Dr. Jesse Steinfield, former U. S. Surgeon General and now dean of MCV's School of Medicine. Dr. Steinfield will discuss "American's Major Health Problem: The Role of the Citizen." He will be introduced by Dr. David B. Wathall, president of the American Heart Association, Virginia Division. Before accepting his present position, Dr. Steinfeld was professor of medicine at the University of California.

Dr. Forrest W. Pitts, lung association president and medical director of Blue Ridge Sanatorium, in commenting on the need for a joint heart and lung program, said "It is virtually impossible to talk about heart disease without involving the respiratory system, or discuss lung disease without relating to the cardiovascular system.

"Therefore" he said, "careful planning by the four sponsors of this unique critical care course for the heart and lungs has resulted in what we hope will be an annual event for the medical profession. The most up-to-date concepts of treatment will be presented by experts in their respective fields.

Mrs. Michele Romano, R. N. CRTT, of Retreat Hospital in Richmond, is chairman of the program committee, with Mrs. James P. Baker, R. N., clinical nurse specialist in Norfolk, serving as course coordinator.

According to Mrs. Romano, "The main objective of the course is to acquaint participants with the technical procedures, equipment and assessment skills necessary in the care of the critically ill patient. In addition, six workshops will be presented on Tuesday afternoon, allowing each participant a choice of two for attendance."

Dr. Charles W. Scott, chairman of the Medical Education Committee said, he urges as many physicians from the area served by the Virginia Lung Association, Central Region to take advantage of this first heart lung short course. It is indeed an excellent opportunity to take advantage of.

## Alabama Baptist

Again there was a day when the sons of God came to present themselves before the Lord, and Satan came also among them to present himself before the Lord. Job 2:1.

We thank the Lord for letting us see another service at the Alabama Baptist Church. Prayer service was in charge. The Junior Choir, Mr. James Moore Jr. and Mr. Douglas Wheeler led the service. They thanked each and everyone for taking a part.

Morning service was held with our pastor in charge. Guest minister Rev. Wyatt Venable the pastor of the New Store Baptist Church in Buckingham County. Scripture was read by Rev. Venable and was taken from 15th chapter of St. John verses 1 - 7. A prayer was led by Brother William Venable.

A special song by the Junior Choir, "Sending It On Down".

We had a greeting from St. John Baptist Church at Long Island, New York. A close friend of Mrs. Elizabeth Evans, Rev. Elliott.

The theme for the morning was "If God Put It On Us, God Will Take It Off". Everyone enjoyed the message from the pastor. A large crowd atended the service although the weather was cold. Deacons from Mr. Lyle, While Oak Grove, visitors from Sulphur Spring, Triumph, Mt. Zion at Red House, Deacons from Roanoke Baptist Church also.

We thank each and everyone for making our service a success. Our prayer goes out to th sick whereever they might be.

At seven o'clock a prayter service was held with Mrs. Alice Moore incharge and Mrs. Linda Watkins. Scripture was taken from the 23rd Psalm. Song leader was Mrs. Moore, "What A Fellowship". Rev. Wyatt Venable in charge of the service a. 7:00. Introduction by Rev. Elliott. Scripture read by Rev. Howard Flood. The Junior Choir in charge of the music. Special prayer by Deacon Jasper Lamberth of Jordan Baptist Church. Rev. Venable's sermon was taken from 15th chapter of St. John. Theme "True Vine". A special song by the Junior Choir, "Lord Help Me To Hold On". A solo was sung by Miss Clarice Venable. Again a large number attended the night service that was held.

Everyone seemed to enoy the service. The spirit was high morning and evening service.

Remember the sick.

## Chestnut Grove

Supper guests on Sunday in the home of Mr. and Mrs. Flood Harris at Green Bay were Mr. and Mrs. Russell L. Harris, Mr. and Mrs. Johnnie M. Harris.

Gladys Morris of Bethasda, Md. spent the week-end with her mother and brother, Bruce.

Mr. and Mrs. C. N. Morris were Sunday visitors of Mrs. Beulah Morris.

Sunday dinner guests of Mr. and Mrs. Bill Senger were Mr. and Mrs. Preston Senger of Crewe, The Rev. and Mrs. Clyde Senger and family of Dillwyn, and Mr. and Mrs. Edward Senger.

Charles Wayne Cook of Richmond spent Friday night in the home of Mr. and Mrs. W. R. Cook.

Mrs. Bennie Wiliams has returned home from the Medical College Hospital in Richmond.

Sunday visitors of Mr. and Mrs. A. N. Morris were Mr. and Mrs. Curtis Nester and family of Lynchburg.

Mrs. C. W. Morris visited her mother Mrs. Lucy Glover in the home of Mr. and Mrs. Kermit Cook at Chesterfield on Friday.

People once believed that panthers were friendly to all animals except dragons.

## Can Spring Be Far Away?

There are four All-American Bronze Medal winning flowers for 1977. As you look through the seed displays at your favorite store, thumb through the seed catalogs that come to your home or select plants, come spring, from the greenhouse be alert for these new offerings.

Planning now is important for spring cannot be far away, J. A. Smith, Extension Agent, reminds you.

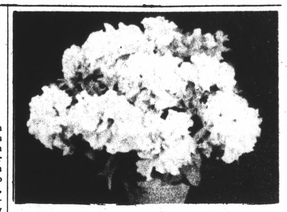
Following is a description:

The marigold 'Yellow Galore' is a clear yellow hybrid with masses of 4½ inch double flowers on stocky 14 to 18 inch plants. Blossoming begins 70-80 days after planting and continues until frost. The buttery colored flowers accented by deep green foliage make 'Yellow Galore' particularly effective for use as a low background planting and for containers.

A new addition to the list of geraniums that grow quickly and easily from seed is a compact early blooming showoff called 'Showgirl'. The bright rose pink flowers begin to open 2 to 3 weeks earlier than competitive varieties and continue throughout the summer.

The marigold 'Primrose Lady' grows to a 20 plant height with creamy yellow blossoms up to 3½ inches in diameter. Strong stemmed and bushy, it needs no staking. The attractive color and heavy flowering from July until frost make 'Primrose Lady' well suited for large beds.

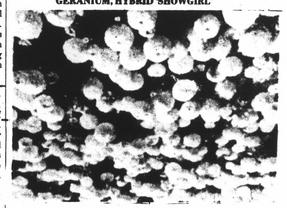
Petunia 'Blushing Maid' brings a soft salmon pink flower with moderately fringed petals to the selection of double flowered 'Grandiflora' petunias. Branching and flowering begin while the plants are quite small and continue all summer. Plants grow to about 10 inches in height, and 16 inches in spread at maturity producing flowers 3 to 3½ inches in diameter.



PETUNIA 'BLUSHING MAID' HYBRID

MARIGOLD 'YELLOW GALORE' HYBRID

GERANIUM, HYBRID 'SHOWGIRL'



MARIGOLD 'PRIMROSE LADY' HYBRID

## Smoking: the Bright Side

"The bright side of smoking still deals with *not* smoking," commented an American Heart Association spokesman. "It is encouraging that damage to the heart and lungs can be repaired by the body itself, even after many years of smoking. Those who quit smoking have a lower mortality risk than those who continue. In time the amount of risk declines to the level of a nonsmoker. The point is, it's never too late to quit."

Anti-smoking groups are making inroads in this country. Federal bans have been implemented on smoking in sections of planes, trains and buses. And legislative action in some states has restricted smoking in certain public places, on the basis of health, not fire.

Although smoking among adults has declined slightly in recent years, the percentage of early teenage smokers has risen sharply. A man who smokes a pack a day has double the risk of a heart attack, and five times the risk of stroke, as the nonsmoker. The Heart Association urges doctors, dentists and other professionals to get rid of ash trays in waiting rooms and install "Thank You For Not Smoking" signs. Health authorities have a long way to go in convincing millions of teenagers and adults not to smoke. Smoking, combined with high blood pressure and high levels of cholesterol in the blood, are a deadly combination which can lead to heart attack and stroke.

"The local Heart Association is fighting for your life in many areas, including smoking, and has free educational materials on smoking. They can also direct you to local smoking withdrawal programs," concluded the local Heart volunteer.

TRAVEL TIPS AND TRICKS

Don't change your fashion habits for a trip. It will make you uncomfortable and self-conscious. If, for example, you don't like wearing a raincoat in Philadelphia, don't buy one for Amsterdam. Rely instead on an umbrella.

* * *

When traveling with children in an automobile, be

especially careful not to put any sharp, heavy or hard-edged objects on the rear window ledge.

* * *

You may not think it's possible to take an economical vacation with children—but you can. If you stay at dependable Holiday Inns in the United States or abroad, children can stay in their parents' room for free, unless extra beds are required.

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MRS. WILLIAM DONALD JONES
the former Clydia D. Mann

## Wed In Afternoon Ceremony

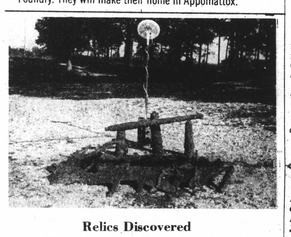
The marriage of Clydia D. Mann to William Donald Jones took place the afternoon of January 29, 1977 at 2 o'clock in the afternoon at Appomattox Court House Presbyterian Church.

The Rev. Cecil Dalton, pastor of the church, officiated at the ceremony.

The bride is the daughter of Mr. and Mrs. Curtis T. Davidson and the groom is the son of Mr. and Mrs. John B. Jones, all of Appomattox.

After the ceremony, the couple entertained with a reception.

Both Mr. and Mrs. Jones are employed at Archer Creek Foundry. They will make their home in Appomattox.



## Relics Discovered

Approximately one hundred and fifty farm implements recently uncovered in Pamplin City are shown above in photo.

The items were all found in one location at the Lair-Wallis farm by Michael Lair, stepson of the Wallis's.

Items found by a farm and carriage shed included the following: plow points, cultivator points, horseshoes, wrenches, axe heads, augers, cowbells, hinges, wagon hubs, steel tractor parts, Model-T Ford Car parts, pot-belly stove parts, harness buckles, and other parts to numerous to mention. All of the items were of an early nineteen hundred era.

Michael has been treasure hunting for the last six months. His most prized possession to date was a ladies Timex watch found on the beach at Sandbridge, Virginia - the watch was still running when uncovered.

All of the farm implements were uncovered by Michael and his brother, Matt, in an hours time at a depth of several inches to a foot. Some of the items were cleaned and re-cycled again.

## Stork Shower

Mrs. Charlotte Page of Pamplin was honored with a stork shower at the Rescue Squad Building on January 29.

Those attending were friends and relatives of the honoree. Hostesses for the occasion were Mrs. Bobby Ferguson, Mrs. Lloyd Ferguson and Mrs. Oral Ferguson.

## Named To VMI's Dean's Honor List

Cadet Charles T. Moses, III of Appomattox has been named to the Dean's Honor List at Virginia Military Institute in Lexington for the first semester, 1976-77 academic session.

Charles, a member of the Third Class (Sophomore), is the son of Mr. and Mrs. C. T. Moses, Jr. of Appomattox.

# Society News

Mr. and Mrs. George Kruer of Arlington, Va. were the week end guests of her mother, and took her to lunch at Maude's honoring her birthday. Mr. and Mrs. Bobby C. Garrett and son, Jeff, Mr. and Mrs. Teddy Garrett and daughter, Cynthia, Mrs. Emma R. Garrett and daughter, Gerlyn were dinner guests of their grandmother Sunday, honoring her birthday. Other guests visiting in this home were Anne Harvey and Mrs. Liz Quinn, Rev. and Mrs. C. D. Davis.

* * *

Ervin C. Moses visited her sister, Maggie Spiggle, Monday evening. She is sick in the home of her son and daughter-in-law, Mr. and Mrs. Barksdale.

* * *

DINNER GUESTS OF Mrs. S. J. Evans on Sunday were Mr. and Mrs. Wesley C. Newcomb, Cindy and Scottie of Newport News, Mr. and Mrs. E. L. Almond and Dana, and Mr. and Mrs. Ricky Almond and her two children, Mike and Tammy, all of Madison Heights.

* * *

Lynn Doss of Richmond spent the weekend here with his parents, Mr. and Mrs. Pete Doss.

* * *

Bill Houchens, a senior at VPI & SU spent the weekend in Appomattox.

* * *

Dr. and Mrs. Clifford D. Thomas of Clayton, Alabama are spending several days with his grandmother, Mrs. S. J. Evans.

## SPOUT SPRING CLUB TO MEET THURSDAY

The Spout Spring Homemakers Extension Club will meet at the home of Mrs. Geraldine Marshall on Thursday night, tonight, at 7:30 p.m.

All members are encouraged to attend.

## Engagement is Announced

Mrs. Lucille Christian of Appomattox announces the engagement of her daughter, Amy Diane, to Robert L. Glenn, Jr. of Pamplin.

Miss Christian is employed at Dairy Queen and Mr. Glenn is employed at Appomattox Lime Company.

The date for the wedding has not been announced.

## Announce Birth

Mr. and Mrs. Kenneth W. Elliott of Appomattox have announced the birth of a son, Gregory Wayne, born February 1, 1977 in Virginia Baptist Hospital.

Maternal grandparents are Mr. and Mrs. Johnny Bryant of Appomattox and paternal grandmother is Mrs. Ida Elliott also of Appomattox.

## WRECK ISLAND CLUB TO MEET WEDNESDAY

The Wreck Island Extension Homemakers Club will meet on Wednesday, February 16th, at 1:30 p.m. in the home of Mrs. Helen McCraw.

Members are asked to be present.

Visitors and new members are welcomed.

MRS. TIMOTHY LEE RAMSDELL
the former Miss Brenda Gail Almond

## Vows Exchanged

The marriage of Miss Brenda Gail Almond to Timothy Lee Ramsdell took place Saturday afternoon at 2 o'clock in New Hope Baptist Church.

The bride is the daughter of Mr. and Mrs. William Alfred Almond of Appomattox, and the bridegroom is the son of Mr. and Mrs. Roger R. Ramsdell of North East, Pennsylvania.

The Reverend Clarence H. Davis, pastor of the church, and Father Ron Sequin officiated at the double ring ceremony.

The couple will live in Appomattox County where the bride is employed with the Virginia Department of Highways and Transportation and the bridegroom is employed by the Armstrong Furniture Company.

## Shower Honors Bride-Elect

Miss Goldie May Covington of Pamplin was entertained Friday evening with a miscellaneous shower, given by Carolyn Williams, Joyce Baldwin, Ann Hodges and Kathy Bates.

The color scheme of yellow and green was used.

Those attending were the mother of the birde and groom, also family and friends.

The wedding of Miss Covington to Gary Lee Williams will be an event of February 26th, at 7:3; at the Pamplin United Methodist Church.

## Named To Dean's List

The following students were among 290 Longwood College students who achieved the distinction of earning an academic average of 3.5 (B+) from a possible 4.0 during the first 16 weeks of the college year.

Area students named to the Dean's List were Billie Starr Brightwell, Ruth Ester Cowan, Anita Lynn Glover, Beverly Dianne Harvey - 4.0, Jeanne Marie Nash, Mary Lynne Parris, and Winifred Lee Agee.

Founded in 1839, Longwood became fully coeducational on June 1, 1976, offering residence hall accomodations and all attendant services to both male and female students. A general purpose institution, the college offers majors in 31 subject areas, as well as professional training for social work, business, the health sciences, and teaching.

## ACHS Senior Recognized For Her Poetry

Kim Ferguson, a senior at Appomattox County High School, has received notification that her entry in the Creative Arts Competition for EVENT magazine won in the poetry division.

Kim's winning entry, "Shadows", is one of over 270 poems that she has written along with 23 short stories.

"Shadows" will be published in the November 1977 issue of EVENT magazine. This is the second contest that she has won in the past year.

Kim will be attending Oral Roberts University in Tulsa, Oklahoma in September where she plans to undertake a double major.

Kim is the daughter of Mr. and Mrs. J. D. Ferguson of Appomattox.

## APPOMATTOX HOMEMAKERS TO MEET TUESDAY

The regular meeting of the Appomattox Homemakers Extension Club will be held in the home of Mrs. Doris Brockwell on Tuesday, February 15th at 10 a.m.

In case of snow or ice, the meeting will be postponed.

All members are urged to come.

## Young Homemakers Elect Officers

The Appomattox Chapter of Young Homemakers met at the Appomattox Middle School in the Home Economics Department on January 20th at 7:30 p.m.

Officers elected for the new year are as follows: President, Joan Holt; Vice President, Brenda Drinkard; Secretary-Treasurer, Carolyn Lucado; Reporter, Carla Torrence; and Historian is Leslie Wilbun.

Guest speaker for the meeting, Wayne Timberlake, was introduced by the president. Timberlake, who is with the Virginia Department of Police, spoke on "Home Safety and Self Protection." He told the members that everyone needs good door and window locks and told many ways to protect your home from burgularies and ways to protect ones self. He also showed a film about home protection. He gave a very interesting and informative talk.

Following the program, Mrs. Clara Staten was introduced as the new chapter advisor. Mrs. Betty Jo Smith, former advisor, was presented with a thank you gift for her work and interest.

## U.D.C. To Meet February 17th

The Appomattox Chapter of the United Daughters of Confederacy will meet at Farmers National Bank, Triangle Plaza, on Thursday evening, February 17th, at 7:30 P.M.

Since we did not meet in January, let's try to have a good attendance at the meeting this month.

## Some Cities Are More 'Heart-Safe' Than Others

The city looks safe. The hospitals have coronary care units, the mobile rescue units have advanced life support systems, but it could still be more dangerous to have a heart attack in this city rather than in Seattle, or a few other cities where the citizenry has learned how to administer cardiopulmonary resuscitation (CPR).

Cardiopulmonary resuscitation is a technique of mouth-to-mouth breathing and chest compression, which can keep the blood circulating until the patient can be transferred to a hospital with emergency cardiac care.

In Seattle over 100,000 persons have been trained in CPR. In the first five years of an intensive training program, there were 514 lives saved. These survivors of heart attacks would have died but lived because trained persons arrived in time to administer CPR.

The American Heart Association is working to see that every city will be "heartsafe" through CPR and through many other programs of research, education and community services. The training of police, fire, rescue personnel and private citizens takes a lot of money. Dollars are needed to strengthen the vital emergency network and other Association programs. Appomattox Heart Association volunteers will soon be calling on you. Their annual February Heart Campaign is the basic source of money for the continuation of the American Heart Association's fight for your life.

## BIRTHDAYS

| | |
|---|---|
| Tommy Gobble Jr. | Feb. 24 |
| Jeff Puryear | Feb. 23 |

MR. AND MRS. JESSE L. TORRENCE, SR.

## Celebrates 62nd Anniversary

Mr. and Mrs. Jesse L. Torrence, Sr. celebrated their 62nd Wedding Anniversary on Sunday, February 6th.

Their children and grandchildren joined them in the celebration.

Mr. and Mrs. Torrence were married February 10, 1915 at Appomattox. They are the parents of five children, Elliott Torrence, Thelma Torrence Conner, and Vern Torrence, all of Appomattox; Mrs. Alpha Mae Torrence Hancock of Chesterfield, and Jesse Torrence, Jr. of Richmond. They have twelve grandchildren and seventeen great grandchildren.

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